

**“A STUDY TO EVALUATE THE EFFECTIVENESS OF THE STRUCTURED
TEACHING PROGRAMME ON KNOWLEDGE REGARDING
POLYCYSTIC OVARIAN SYNDROME AMONG FEMALE ADOLESCENTS
IN SELECTED AREA AT HONAVAR, UTTARAKANNADA.”**

By

Ms. Feley Francis Borges

Submitted to

Rajiv Gandhi University of health science, Bangalore, Karnataka.



Under short term Research Grands for Undergraduate Students of Institutions
affiliated to RGUHS for the year 2021 – 22.

And

In Partial fulfilment of the requirements for the degree of

Bachelor of Science in Nursing.

Under the guidance of

Mrs. Verginia Dsouza



St. Ignatius Institute of Health Sciences,

Honavar, Uttara Kannada.

2022.

DECLARATION BY THE CANDIDATE

I hereby declare that this thesis titled “**A STUDY TO EVALUATE THE EFFECTIVENESS OF THE STRUCTURED TEACHING PROGRAMME ON KNOWLEDGE REGARDING POLYCYSTIC OVARIAN SYNDROME AMONG FEMALE ADOLESCENTS IN SELECTED AREA AT HONAVAR, UTTARAKANNADA.**”Is a bonafide and genuine work to carried out by I **Ms. Felcy Francis Borges** under the guidance of **Mrs. Virginia Dsouza**, Associate professor, St. Ignatius Institute of Health Sciences, Honavar.

Date:

Ms. Felcy Francis Borges

Place: Honavar

Final year B.Sc. Nursing

CERTIFICATE BY THE GUIDE

This is to certify that thesis “**A STUDY TO EVALUATE THE EFFECTIVENESS OF THE STRUCTURED TEACHING PROGRAMME ON KNOWLEDGE REGARDING POLYCYSTIC OVARIAN SYNDROME AMONG FEMALE ADOLESCENTS IN SELECTED AREA AT HONAVAR, UTTARAKANNADA.**” is a bonafide research work done by **Ms. Feley Francis Borges** under Short term Research Grands for Undergraduate Students of Institutions affiliated to RGUHS for the year 2021-22.

Date :

Place: Honavar.

Signature of the guide

Mrs. Verginia Dsouza

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ENDORSEMENT BY THE PRINCIPAL /HEAD OF THE INSTITUTION

This is to certify that the dissertation entitled “**A STUDY TO EVALUATE THE EFFECTIVENESS OF THE STRUCTURED TEACHING PROGRAMME ON KNOWLEDGE REGARDING POLYCYSTIC OVARIAN SYNDROME AMONG FEMALE ADOLESCENTS IN SELECTED AREA AT HONAVAR, UTTARAKANNADA.**” is a bonafide research work done by **Ms. Felcy Francis Borges** under Short term Research Grands for Undergraduate Students of Institutions affiliated to RGUHS for the year 2020- 21under the guidance of **Mrs. Verginia Dsouza**. Associate professor, St. Ignatius Institute of Health Sciences, Honavar.

Date :
Place: Honavar.

Signature of the principal

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**ST. IGNATIUS INSTITUTE OF HEALTH SCIENCES,
HONAVAR.**

**SHORT-TERM RESEARCH GRANT FOR UNDERGRADUATE
STUDENTS**

2021-2022.

FINAL REPORT

1.	TITLE OF THE PROJECT	“A STUDY TO EVALUATE THE EFFECTIVENESS OF THE STRUCTURED TEACHING PROGRAMME ON KNOWLEDGE REGARDING POLYCYSTIC OVARIAN SYNDROME AMONG FEMALE ADOLESCENTS IN SELECTED AREA AT HONAVAR, UTTARAKANNADA.”
2.	RGUHS PROJECT CODE	UG21NUR245
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	MOBILE NUMBER	7022035080
5.	NAME OF THE DEPARTMENT	NURSING
6.	DATE OF COMMENCEMENT OF THE RESEARCH ACTIVITY	02/01/22
7.	DATE OF COMPLETION	20/4/22

8.	OBJECTIVES STATED	<p>The objectives of the study are;</p> <ol style="list-style-type: none"> 1. To assess the pre and post-test knowledge level of female adolescents regarding polycystic ovarian syndrome. 2. To evaluate the effectiveness of the STP by comparing the pre and post-test knowledge level of female adolescents regarding polycystic ovarian syndrome. 3. To find the significant association between the pre-test knowledge level of female adolescents regarding polycystic ovarian syndrome with their selected demographic variables.
	OBJECTIVES ACHIEVED	<ol style="list-style-type: none"> 1. Assessed the pre and post-test knowledge level of female adolescents regarding polycystic ovarian syndrome. 2. Evaluated the effectiveness of the STP by comparing the pre and post-test knowledge level of female adolescents regarding polycystic ovarian syndrome. 3. Found the significant association between the pre-test knowledge levels of female adolescents regarding polycystic ovarian syndrome with their selected demographic variables.

9. FIELD /EXPERIMENTAL WORK GIVING FULL DETAILS OF RESEARCH METHOD ADOPTED.

METHODOLOGY:

This work is to evaluate the effectiveness of the structured teaching programme on knowledge regarding polycystic ovarian syndrome among female adolescents in selected area at Honavar, Uttara Kannada. Which include description of research approach, research design, study setting, variables, target population, sample and

sample size, sampling technique, sampling criteria, developmental and description of tools, data collection method and plan for data analysis.

RESEARCH APPROACH:

Research approaches are plans and the procedure for research. A quantitative evaluative research approach was adopted for the study. As enable the investigator to evaluate effectiveness of structured Teaching Programme regarding polycystic ovarian syndrome among female adolescents in selected area at Honavar.

RESEARCH DESIGN:

Keeping In view the objective of the study, the research design selected for the present study is pre-Experimental, non-randomized one group pre and post-test was adopted for the Study as it enables to determine the effectiveness of the structured teaching programme on knowledge regarding polycystic ovarian syndrome among female adolescents in selected area at Honavar.

VARIABLES UNDER STUDY:

According to **Polit & Hungler, (1999)**, variables are an attribute of a person or object that variable and taken on different value within the population under study.

- ❖ **Independent variable:** Structured teaching programme on polycystic ovarian syndrome
- ❖ **Dependent variable:** Knowledge level of female adolescents on polycystic ovarian syndrome.
- ❖ **Demographic variable:** In the study, the demographic variables are Age of in years, education, type of family, religion, food habit, age of attaining menarche in years, status of menstruation, symptoms of PCOS, previous knowledge and the source of the information.

SETTING OF THE STUDY:

According to Polit & Hungler Setting is the physical location and condition in which data collection takes place in a study. The study will be conducted at from lower kasarkod and Prabhat Nagar in Honavar.

POPULATION:

The population refers to the entire set of individual or subjects having common characteristics, sometimes referred to as universal. In this study the population is female adolescents.

TARGET POPULATION:

The target population consist of the total members of a define set of female adolescents from whom the data will be generalized. In the present study the target population was all female adolescents in Honavar.

ACCESSIBLE POPULATION:

In the study the accessible population female adolescents living at Prabhat Nagar in Honavar.

SAMPLE:

A sample is a small portion of population selected to participate in the research study. The sample for this research was the female adolescents at Prabhat Nagar in Honavar.

SAMPLE SIZE:

The Sample size taken for this study is consisted of 30 female adolescents at Prabhat Nagar in Honavar.

SAMPLING TECHNIQUE:

Sampling defines the process of selecting a group of people (or) other elements with which to conduct a study. In this study Purposive sampling, non-Randomized sampling procedure where the subject selected, in part of whole, at the purpose of researcher, or entitle using the most conveniently available people as a study participant.

SAMPLING CRITERIA:

Sample of the present study were selected based on the criteria fixed by the investigator to reduce bias and errors.

Inclusion criteria:

- Only female adolescents
- Girls between up to 20 years

Exclusion criteria:

- Those who not willing
- Working girls
- Girls those don't know to read and write kannada

SELECTION & DEVELOPMENT OF TOOL:

Tool is a procedure or instrument used to assess awareness by the research to collect data. The tool was developed after:

- An extensive review of literatures
- Based on consultation with experts in the field and related field.
- Based on opinion of the expert to ascertain for the clarity and appropriateness of the items of given structured questionnaire.
- Based on informal discussion with peer group.
- Prepared in English then translated into Kannada.

DESCRIPTION OF THE TOOL:

The tool used was structured knowledge questionnaire.

Self- structured questionnaire consists of two sections-

Section I: It consists of demographic variables

Section II: structured Knowledge questionnaire regarding polycystic ovarian syndrome.

SECTION-I: This section consists of 10 demographic variables like Age in years, education, type of family, religion, food habit, age of attaining menarche in years, status of menstruation, symptoms of PCOS, previous knowledge and the source of the information.

SECTION-II: This section consist of 30 multiple choice questions with maximum score of 30 and the entire question has 4 options where as one will be the correct answer and other three will be the wrong answers. Each correct answer score "1" mark and incorrect answer scores "0" mark.

CRITERIAN MEASURES:

The multiple-choice question was used to assess the knowledge of female adolescents and the assessment of knowledge will be identified through following scale –

Knowledge Level	Score Range	Percentage (%)
Poor	0-10	0-33.33%
Average	11-20	36.66%- 66.66%
Good	21-30	70%– 100%

Maximum score: 30

Minimum score: 1

CONTENT VALIDITY:

To ensure the content validity of tool, the prepared tool along with problems statement, objectives, operational definition, hypothesis, self-structured booklet was submitted to 3 experts, in the field of physician, Gynaecologist and Statistician. Expert requested to judge the items on the basis of their relevance, clarity, feasibility organization of the items included in the study. Based on expert opinion, some of the questions were modified and some of the question has been deleted, arrangement of the option was done in proper way according to the suggestions given by experts, the tool was presented and finalized by the research committee of SIIHS college of Nursing Honavar.

RELIABILITY OF TOOL:

The reliability co-efficient calculated using split half formula to determine Reliability co-efficient for structured knowledge questionnaire. The “r” was found to be $r=0.82$. This correlation coefficient was reliable and it is good tool for assessing the effectiveness of structured teaching programme on Knowledge regarding polycystic ovarian syndrome among female adolescents.

PILOT STUDY:

Pilot study was conducted as a trial to check the accessibility and feasibility .The pilot study was conducted in lower Kasarkod, Honavar, 3/2/22 to 15/2/22. The purpose of study was explained to 12 female adolescents who meet the sampling criteria, the purpose of the study was explained and confidentiality was assured to all subjects. The average time taken by each subject to attend the questionnaire and given answer was about 1 hour within a period of one week. The data analysis was done using descriptive and inferential statistics. Pilot study confirmed practicability and provide confidence to the researcher for main study. After pilot study the tool was found to be feasible and acceptable.

Pre-Test and Intervention			Post Test			Area
Date	No of sample	Duration	Date	No of sample	Duration	Lower kasarkod
3/2/22	12	4 hours	15/2/22	12	2hours	

DATA COLLECTION PROCESS:

Data collection is precise, systematic method of gathering information relevant the research to conduct the main study at Prabhat Nagar Honavar, A formal written permission was obtained from concerned authorities before data collection from Sarpanch. Data collection period was from 1/03/22 to 20/03/22. The Procedure was the same as in the pilot study valid and reliable structured knowledge questionnaire was used for data collection. Self-introduction and establishing rapport with the subjects of 30 female adolescents. Explained the importance of research study, the confidentiality of their responses was assured and consent was obtained from each Participant.

The process used for data collection was as follows

- ❖ The research investigator introduced herself and explained the purpose of the study to the female adolescents.
- ❖ The written consent was obtained from the subjects.
- ❖ The self-structured knowledge questionnaire was used to assess the Knowledge regarding polycystic ovarian syndrome.

- ❖ The participants were thanked for their co-operation.
- ❖ Data collected was then tabulated and analyzed.

Data collection process is scheduled as following

Pre-test and Intervention	Post test	Total sample	Area
6/3/22	14/3/22	10	Prabhat Nagar. Honnavar.
7/3/22	17/3/22	10	
8/3/22	20/3/22	10	

PLAN FOR DATA ANALYSIS:

Analysis of the data was planned on the basis of objective and hypothesis. The data plan to be analysis by using both descriptive and inferential statistics and the following plan for analysis would be worked out.

Descriptive statistics:

Demographic data was analyzed in items of frequency and percentage.

The knowledge and practice regarding PCOS. Mean, mean percentage and standard deviation was computed

Inferential statistics:

- ❖ Chi-square test is to find out association between the selected demographic variables and level of knowledge regarding polycystic ovarian syndrome.
- ❖ Paired t- test used to find the effectiveness of STP.

ETHICAL CONSIDERATION:

- Permission was obtained from research committee of SIIHS college of Nursing, Honavar.
- Due permission from authorities was sought and obtained.
- Informed written consent was taken from participants.
- Anonymity of the participants was ensured.

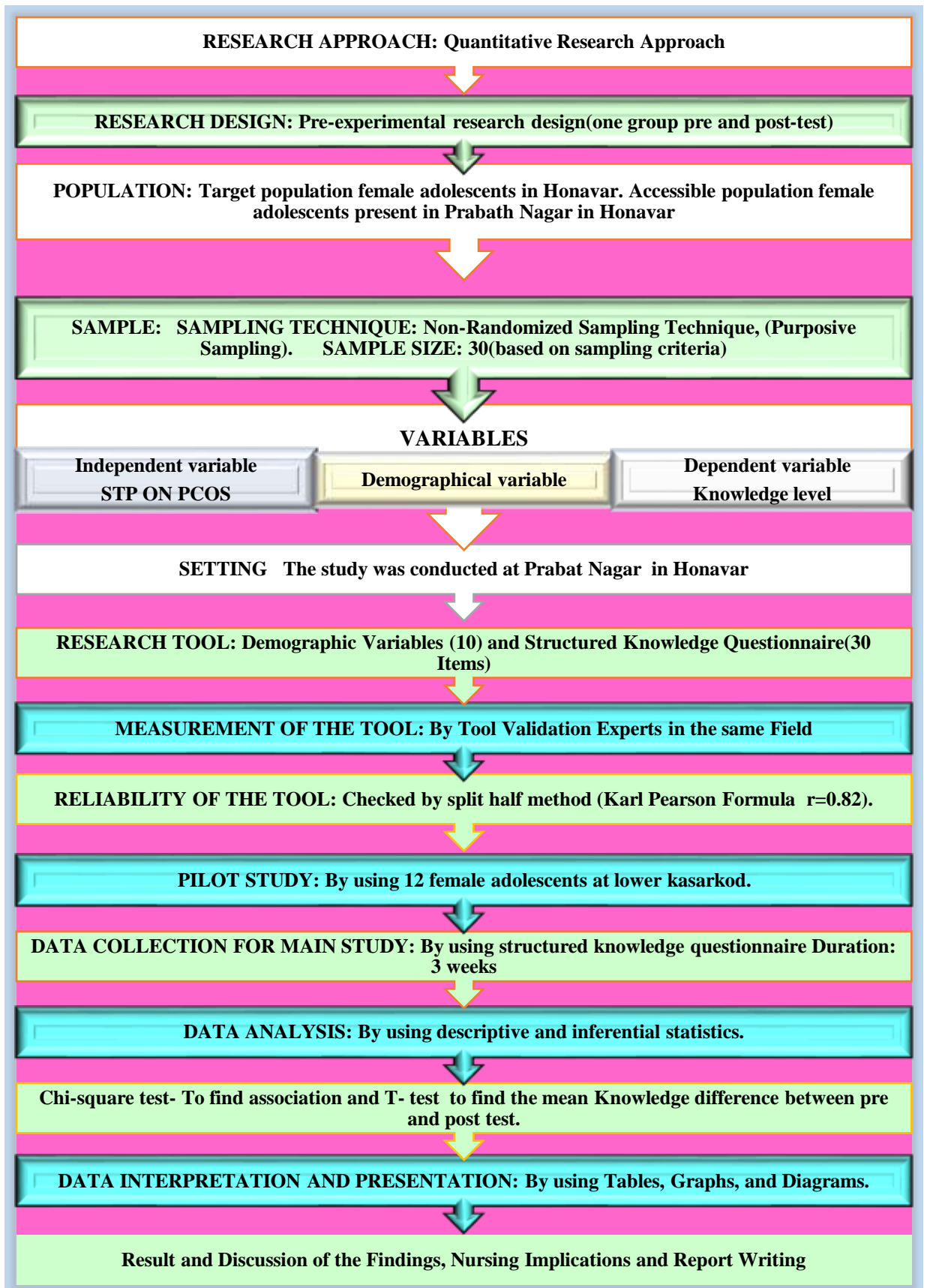


FIGURE NO: 1. SCHEMATIC DIAGRAM OF RESEARCH METHODOLOGY.

10: DETAILED DATA ANALYSIS.

Analysis and interpretation of data which was collected from the female adolescents regarding the Effectiveness of structured teaching Programme on polycystic ovarian syndrome. The purpose of this analysis is to reduce the data to a manageable and Interpretable form so that the research problem can be studied and tested the data were analysed in according to the objectives and hypothesis of the study.

OBJECTIVES OF THE STUDY:

1. To assess the pre and post-test knowledge level of female adolescents regarding polycystic ovarian syndrome.
2. To evaluate the effectiveness of the STP by comparing the pre and post-test knowledge level of female adolescents regarding polycystic ovarian syndrome.
3. To find the significant association between the pre-test knowledge level of female adolescents regarding polycystic ovarian syndrome with their selected demographic variables.

HYPOTHESIS:

- H₁: There will be significant difference between the pre-test knowledge scores and post-test knowledge scores.
- H₂: There will be significant association between the pre-test knowledge scores on polycystic ovarian syndrome and selected demographic variables.

ORGANIZATION AND PRESENTATION OF DATA:

Analysis and interpretation were done as per the objectives of the study and the hypothesis formulated. Descriptive and inferential statistics were used for the analysis of the data.

The data and finding have been organized and presented under the following sections.

SECTION: I- Frequency and Percentage and Distribution of study subjects according to demographic variables.

SECTION: II- Analysis of overall pre and post-test knowledge level of female adolescents regarding polycystic ovarian syndrome.

SECTION: III- Analysis of finding the mean difference in the pre and post-test knowledge level female adolescents regarding polycystic ovarian syndrome.

SECTION: IV- Analysis of paired t-test shows the effectiveness of structured teaching programme showing paired t' test value.

SECTION: V- Analysis of chi-square test showing significant association between the pre-test knowledge levels in selected demographic variable of the sample.

SECTION – I

Table 1: Frequency and Percentage distribution of female adolescents according to Demographic Variables.

N=30

Sl. No	Demographic Variables	Frequency (n)	Percentage (%)
1)	AGE		
	a) 12-14 years	03	10
	b) 15-17 years	11	36.66
	c) 18-20 years	16	53.33
2)	EDUCATION STATUS		
	a) 7-9	03	10
	b) 10-12	11	36.66
	c) Diploma	12	40
	d) Graduates	04	13.33
3)	TYPE OF FAMILY		
	a) Nuclear	25	83.33
	b) Joint	04	13.33
	c) Extended	01	3.33
4)	RELIGION		
	a) Hindu	17	56.66
	b) Christian	13	43.33
	c) Muslims	00	00
5)	FOOD HABIT		
	a) Vegetarian	00	00
	b) Mixed	30	100
	c) Prefer outside food	00	00
	d) Consume junk food frequently	00	00

6)	AGE OF MENARCHE IN YEARS		
	a) Before 12	06	20
	b) 12-14	10	33.33
	c) 15-17	14	46.66
	d) After 17	00	00
7)	STATUS OF MENSTRUATION		
	a) Regular	26	86.66
	b) Irregular	03	10
	c) Bleeding for a long period	00	00
	d) scanty bleeding	01	3.33
8)	DO YOU HAVE ANY OF THE FOLLOWING SYMPTOMS?		
	a) Unusual foul smelling discharges	04	13.33
	b) Abnormal hair growth in face	00	00
	c) Central body obesity	00	00
	d) dark pigments on face ,neck etc.	03	10
	e) None of the above	23	76.66
9)	DID YOU HEARD ABOUT PCOS BEFORE?		
	a) Yes	02	6.66
	b) NO	28	93.33
10)	IF YES, THEN SPECIFY THE SOURCE OF INFORMATION,		
	a) Family	00	00
	b) Friends	00	00
	c) Teachers	02	6.66
	d) Mass media	00	00

Table 1: Shows the demographic information of female adolescents those who are participated in the present study Age in years, education, type of family, religion, food habit, age of attaining menarche in years, status of menstruation, symptoms of PCOS, previous knowledge and the source of the information.

Table – 1.1: Frequency and percentage distribution of subject according to Age in year

N=30

AGE	Frequency (n)	Percentage (%)
a. 12-14 years	3	10%
b. 15-17 years	11	36.66%
c. 18-20 years	16	53.33%

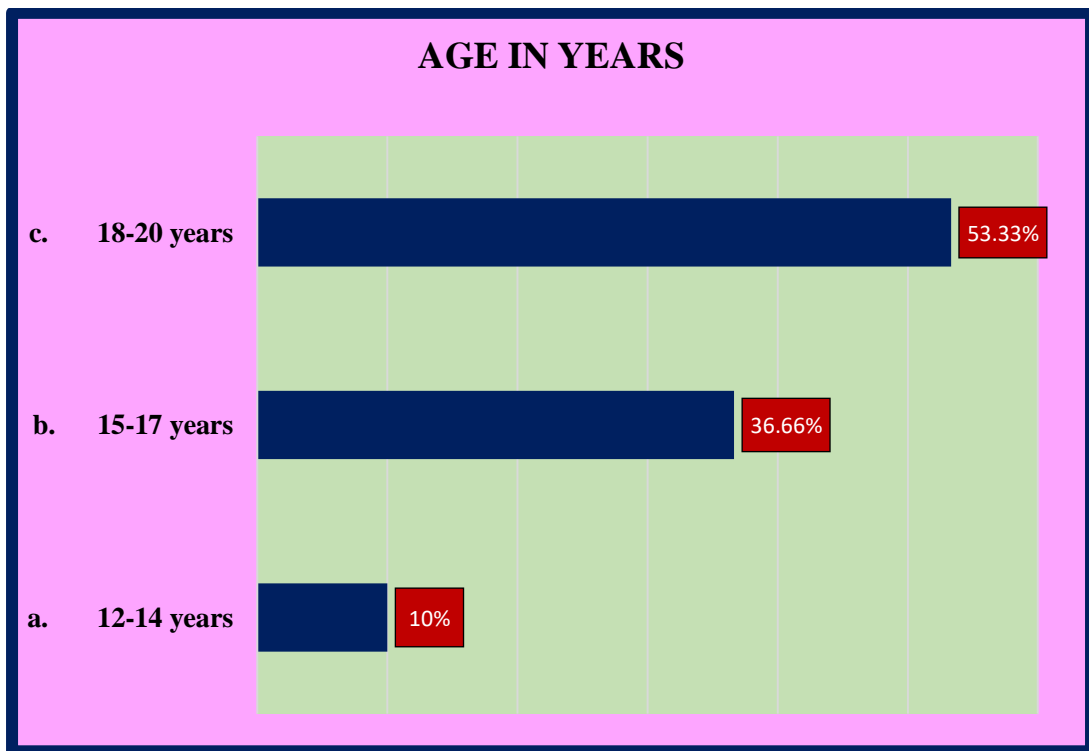


Figure 2.1- clustered bar diagrams representing the percentage distribution of subject according to Age in years.

Table 1.1 (Figure 2.1): Depicts that majority of female adolescents 16(53%) belongs to 18-20years, 11 (37%) belongs to 15-17years, and 3(10%) belongs to 12-14 year of age group.

Table – 1.2: Frequency and percentage distribution of subject according to education level

N=30

EDUCATION STATUS	Frequency (n)	Percentage (%)
a) 7-9	03	10%
b) 10-12	11	36.66%
c) Diploma	12	40%
d) Graduates	04	13.33%

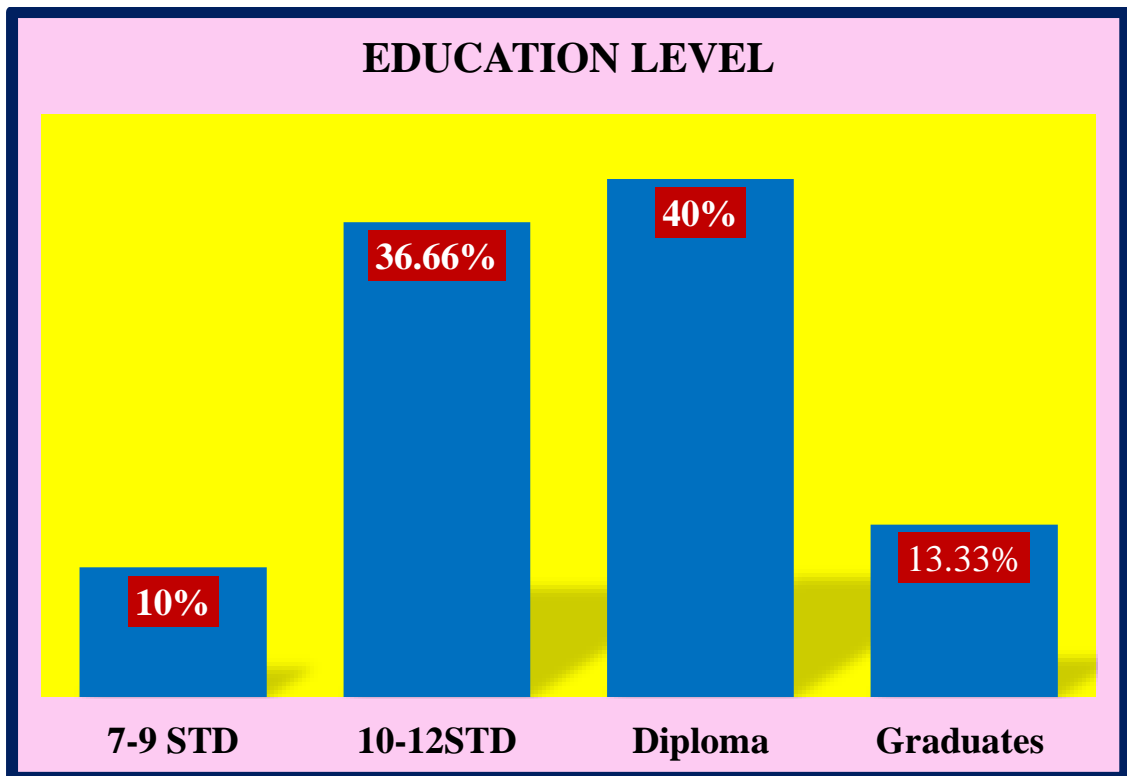


Figure 2.2 - Column diagrams representing the percentage distribution of subject according to education level of female adolescents.

Table 1.2 (Figure 2.2): Depicts that majority of female adolescents 3(10%) belongs to 7-9std, 11(36.66%) belong to 10-12std , 12(40%) belongs diploma , and 4(13.33%) belongs to graduates in education level.

Table – 1.3: Frequency and percentage distribution of subject according to type of family

N=30

TYPE OF FAMILY	Frequency (n)	Percentage (%)
a. Nuclear	25	83.33%
b. Joint	04	13.33%
c. Extended	01	3.33%

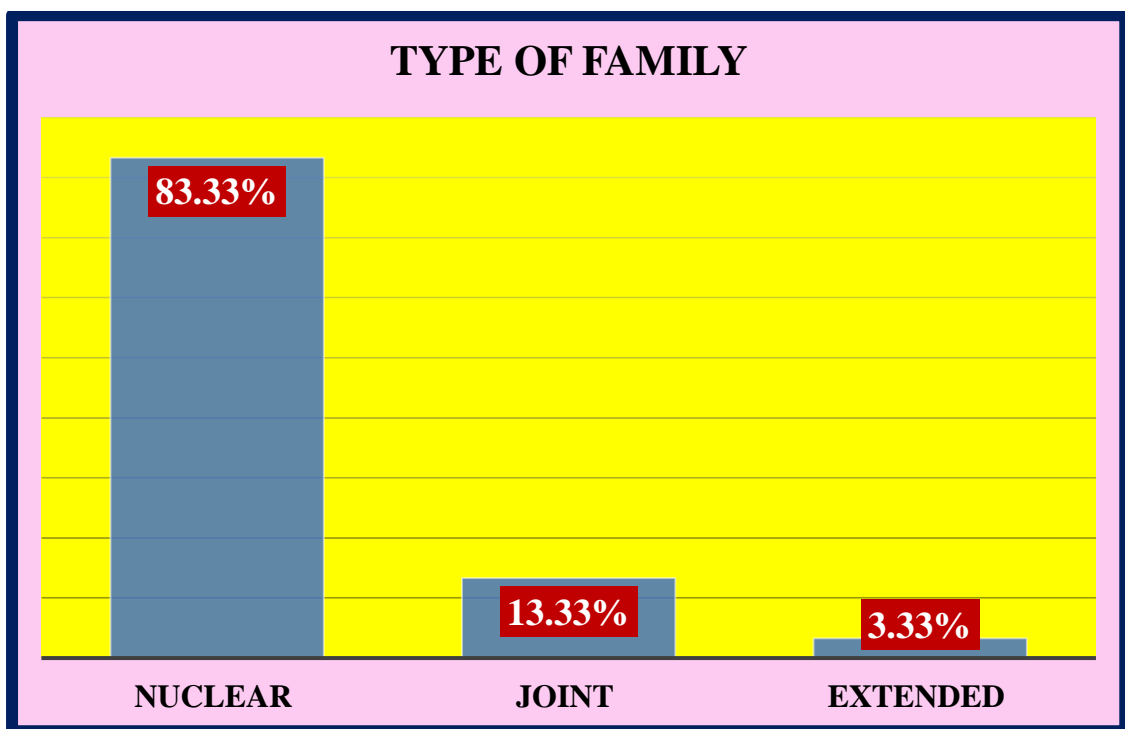


Figure 2.3- Column diagrams representing the percentage distribution of subject according to type of family.

Table 1.3 (Figure 2.3): Depicts that majority of female adolescents 25(83.33%) belongs to nuclear, 4(13.33%) belong to joint, and 1(3.33%) belongs extended type of family.

Table – 1.4: Frequency and percentage distribution of subject according to religion.

N=30

RELIGION	Frequency (n)	Percentage (%)
a. Hindu	17	56.66%
b. Christian	13	43.33%
c. Muslims	00	00%

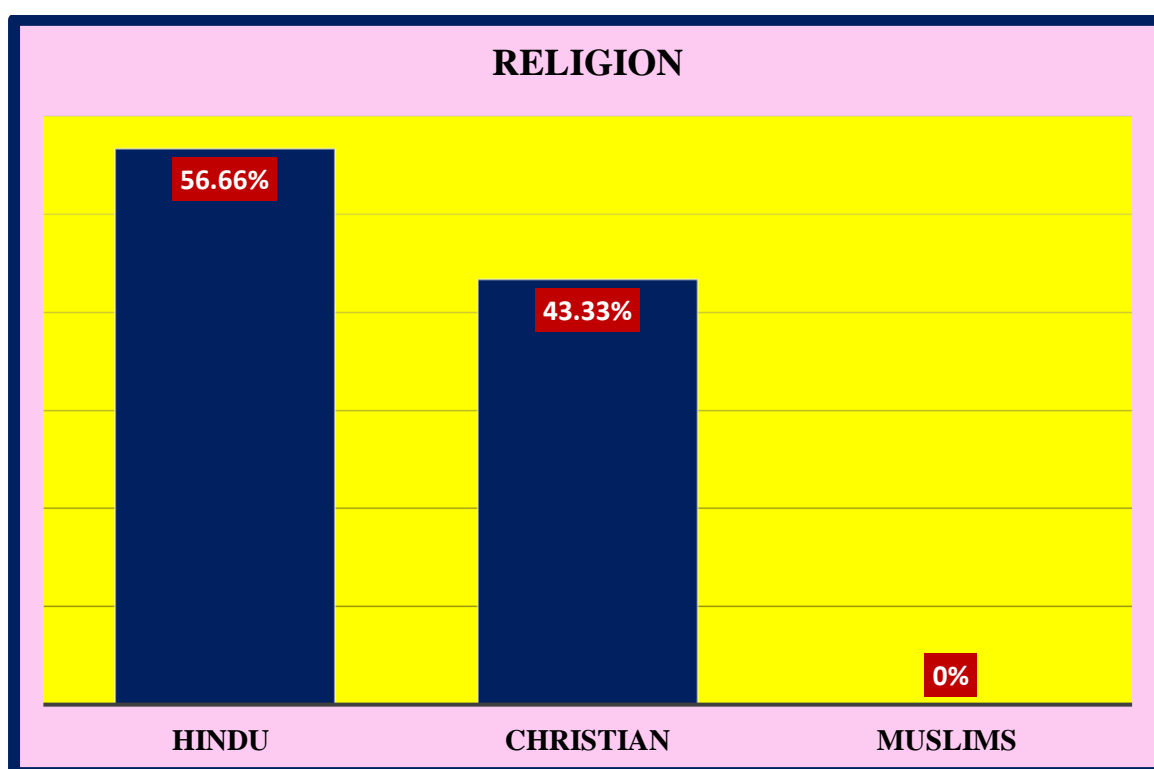


Figure2.4- Column diagrams representing the percentage distribution of subject according to religion.

Table 1.4 (Figure2 .4): Depicts that majority of subject 17(56.66%) belongs Hindu, 13(43.33%) belong to Christians, and 0(0%) belongs to Muslims.

Table – 1.5: Frequency and percentage distribution of subject according to food habit.

N=30

FOOD HABIT	Frequency (n)	Percentage (%)
a) Vegetarian	00	00%
b) Mixed	30	100%
c) Prefer outside food	00	00%
d) Consume junk food frequently	00	00%

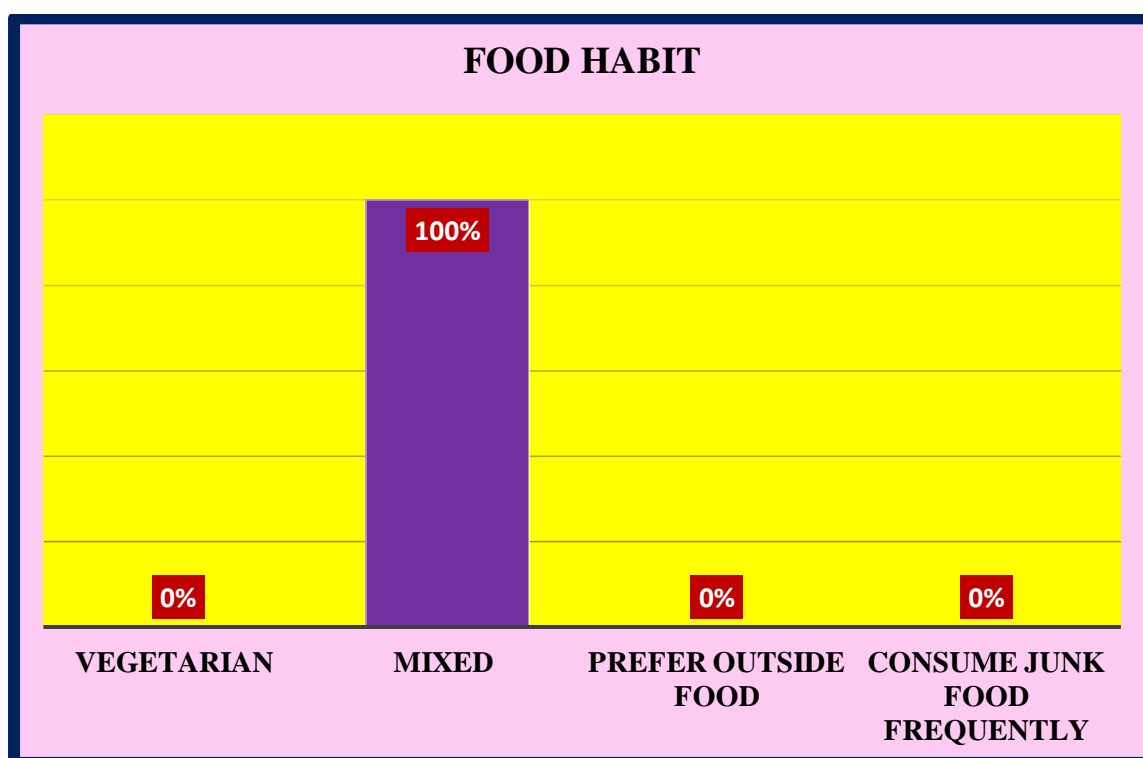


Figure 2.5- Column diagrams representing the percentage distribution of subject according to food habit.

Table 1.5 (Figure 2.5): Depicts that majority of subject 0(0%) belongs to vegetarian, 30(100%) belong to mixed, 0(0%) belongs prefer outside food, and 0(0%) belongs to consume junk food frequently.

Table – 1.6: Frequency and percentage distribution of subject according to age of attaining menarche.

N=30

AGE OF MENARCHE IN YEARS	Frequency (n)	Percentage (%)
a. Before 12	06	20%
b. 12-14	10	33.33%
c. 15-17	14	46.66%
d. After 17	00	00%

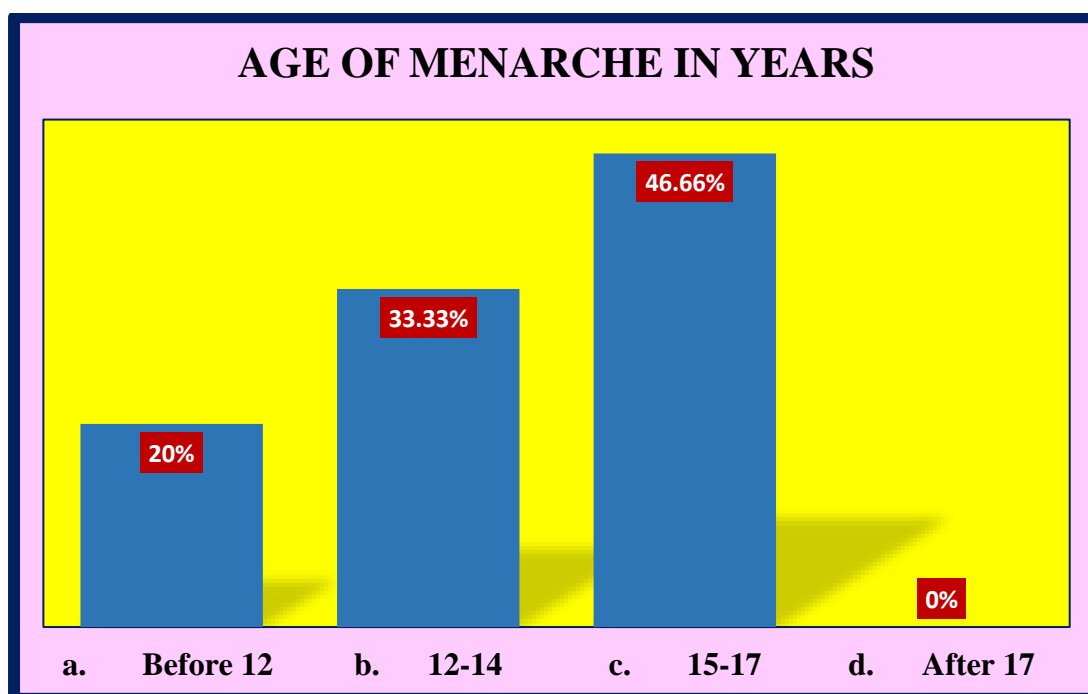


Figure 2.6- Column diagrams representing the percentage distribution of subject according to age of attaining menarche.

Table 1.6 (Figure 2.6): Depicts that majority of subject 6(20%) belongs to before 12, 10(33.33%) belongs to 12-14, 14(46.66%) belongs to 15-17 and 0(0%) belongs to after 17.

Table – 1.7: Frequency and percentage distribution of subject according to status of menstruation.

N=30

STATUS OF MENSTRUATION	Frequency (n)	Percentage (%)
a) Regular	26	86.66%
b) Irregular	03	10%
c) Bleeding for a long period	00	00%
d) scanty bleeding	01	3.33%

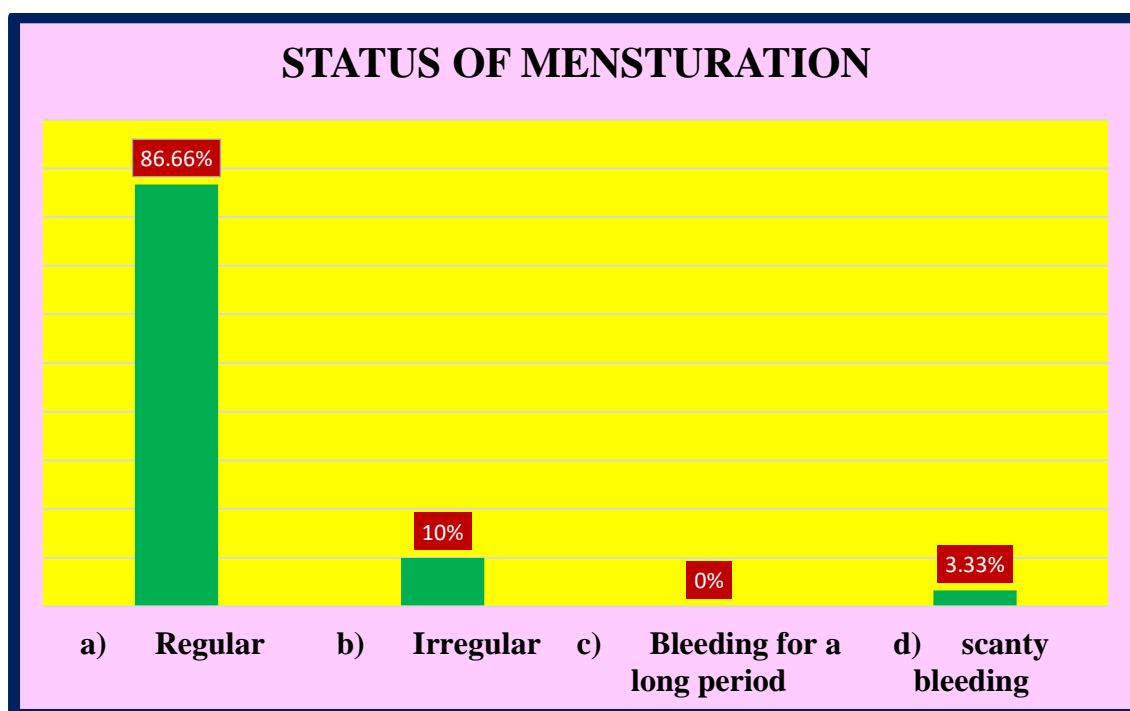


Figure 2.7- Column diagrams representing the percentage distribution of subject according to status of menstruation.

Table 1.7 (Figure 2.7): Depicts that majority of subject 26(86.66%) belongs to regular, 3(10%) belong to irregular, 0(0%) belongs to bleeding for a long period, and 1(3.33%) belongs to scanty bleeding.

Table – 1.8: Frequency and percentage distribution of subject according to following symptoms.

N=30

Do you have any of the following symptoms?	Frequency (n)	Percentage (%)
a) Unusual fowl smelling discharges	04	13.33%
b) Abnormal hair growth in face	00	00%
c) Central body obesity	00	00%
d) dark pigments on face ,neck etc	03	10%
e) None of the above	23	76.66%

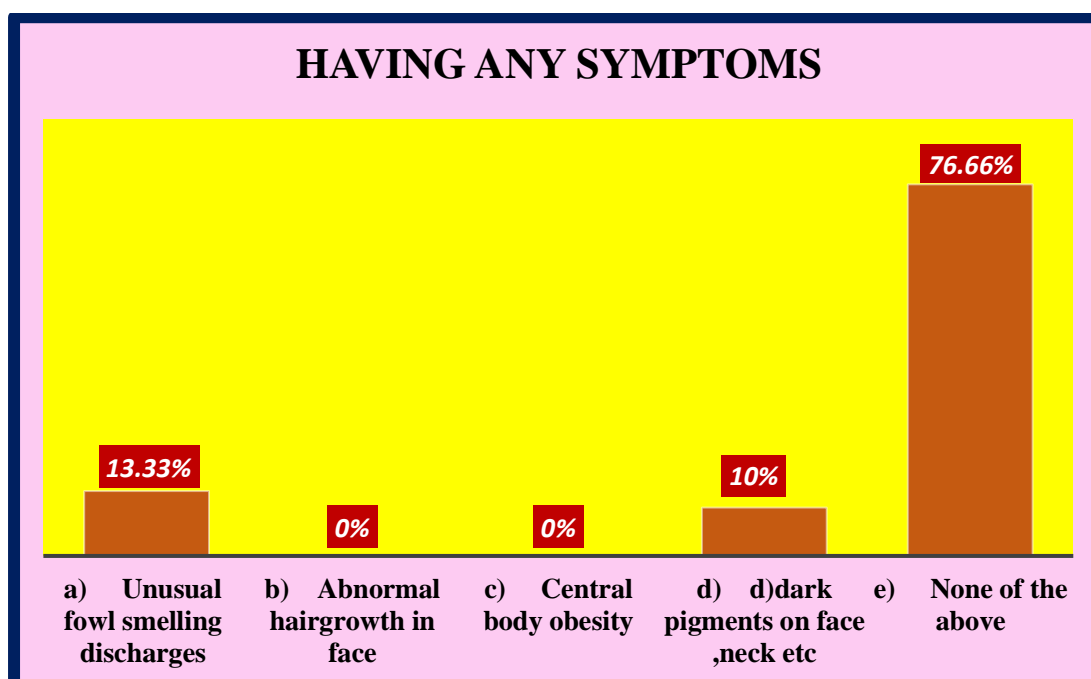


Figure 2.8- Column diagrams representing the percentage distribution of symptoms.

Table 1.8 (Figure 2.8): Depicts that majority of subject 4(13.33%) belongs unusual fowl smelling discharge, 0(0%) belong to abnormal hair growth in face,0(0%) belongs to central obesity, 3(10%) belongs to dark pigments on face, neck, etc. and 23(76.66%) belongs to none of the above.

Table – 1.9: Frequency and percentage distribution of subject according to previous knowledge.

N=30

Did you heard about PCOS before?	Frequency (n)	Percentage (%)
a) Yes	02	6.66%
b) NO	28	93.33%

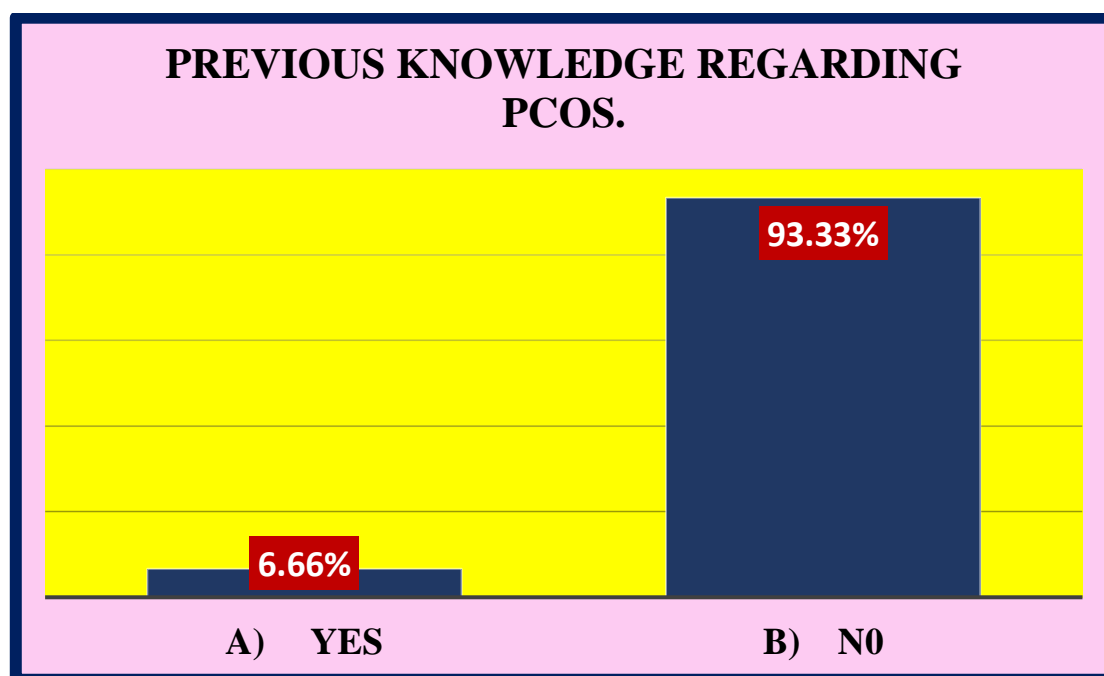


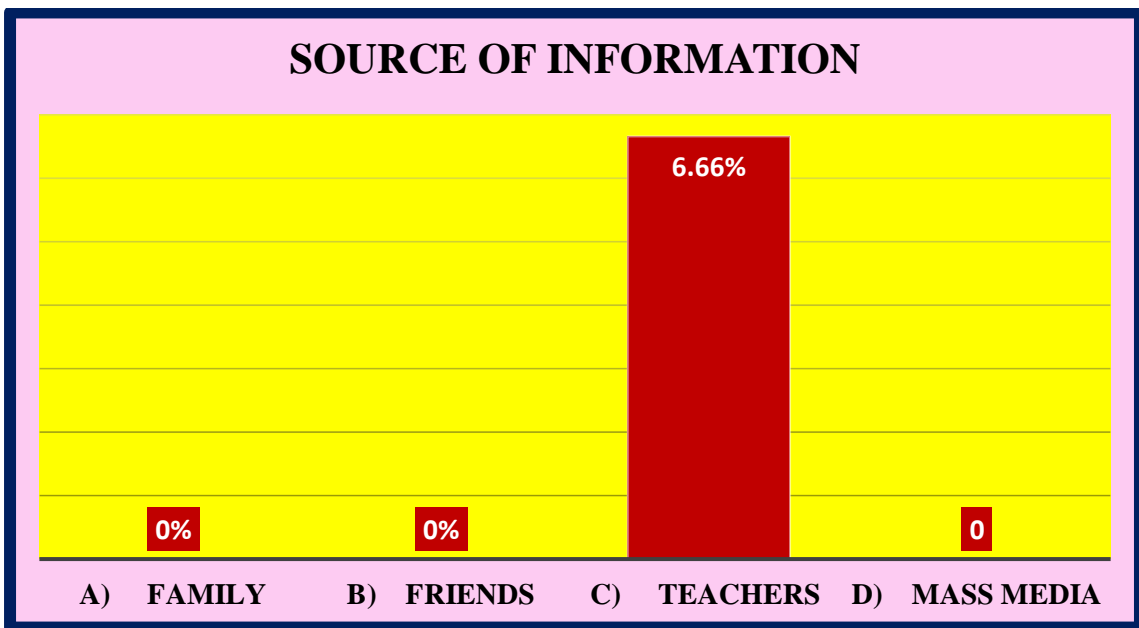
Figure 2.9- Column diagrams representing the percentage distribution of subject according to previous of knowledge.

Table 2.9 (Figure 3.9): Depicts that majority of subject 2(6.66%) belongs to Yes, and 28(93.33%) belong to No.

Table – 1.10: Frequency and percentage distribution of subject according to source of information.

N=30

IF YES, THEN SPECIFY THE SOURCE OF INFORMATION,	Frequency (n)	Percentage (%)
a) Family	00	00%
b) Friends	00	00%
c) Teachers	02	6.66%
d) Mass media	00	00



(Figure 2.10): column diagram shows the percentage distribution of subject according to source of information.

Table 1.10 (Figure 2.10): Depicts that majority of subject 0(0%) belongs to family, 0(0%) belong to friends, 2(6.66%) belongs to teachers, and 0(0%) belongs to mass media.

SECTION -II

Finding of overall Knowledge Level of female adolescents regarding PCOS.

Table No.-2: Shows the frequency and percentage distribution of overall knowledge level of female adolescents regarding PCOS.

N=30

Knowledge Level	Pre test		Post test	
	Frequency	Percentage (%)	Frequency	Percentage (%)
Poor	16	53.33%	00	00%
Average	10	33.33%	03	10%
Good	04	13.33%	27	90%

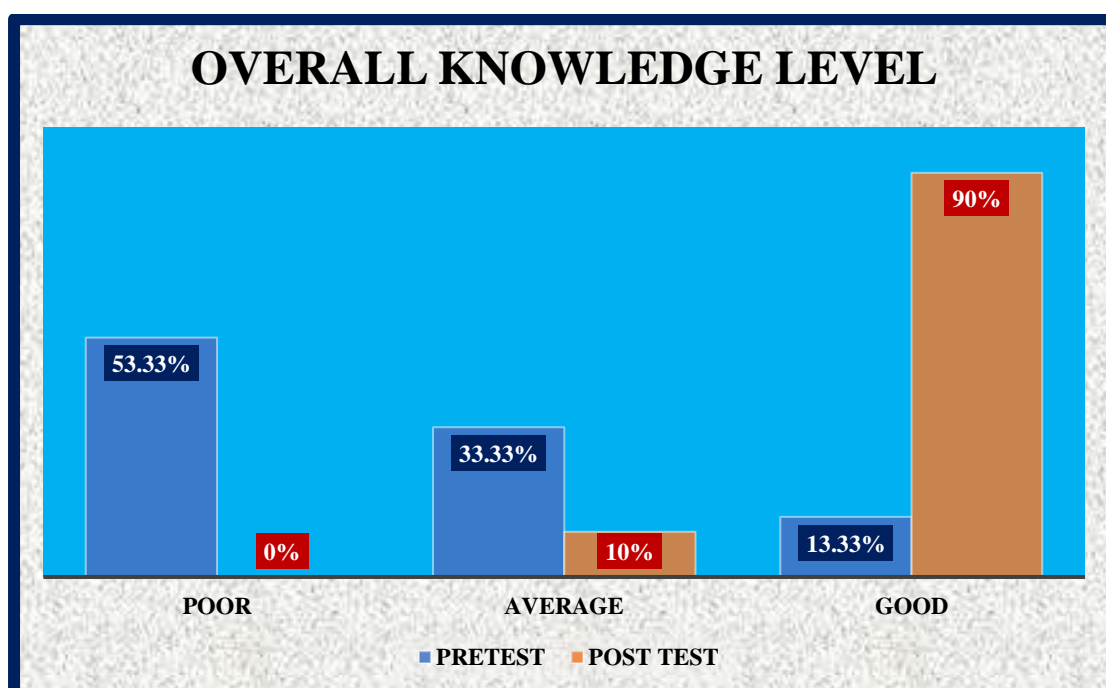


Figure No.-3 Stacked column diagram representing the pre-test and post-test Knowledge score of pre-experimental group regarding polycystic ovarian syndrome

Table No.2 (Figure No.-3) Depict that 4 (13.33%) of subject had good knowledge, 10 (33.33%) have average and 16 (53.33%) has poor knowledge in pre-test whereas in post-test 27 (90%) has good knowledge, 3 (10%) has average knowledge.

SECTION –III

Finding of mean difference in the pre and post-test knowledge of female adolescents regarding PCOS.

Table No. -3: shows the mean difference in the pre-test and post-test knowledge regarding PCOS.

N=30

knowledge Level	Mean score	Mean percentage	Standard deviation	Mean percentage difference
Pre-test	11.36	37.86	6.52	13.13(44.57%)
Post-test	24.73	82.43	3.39	

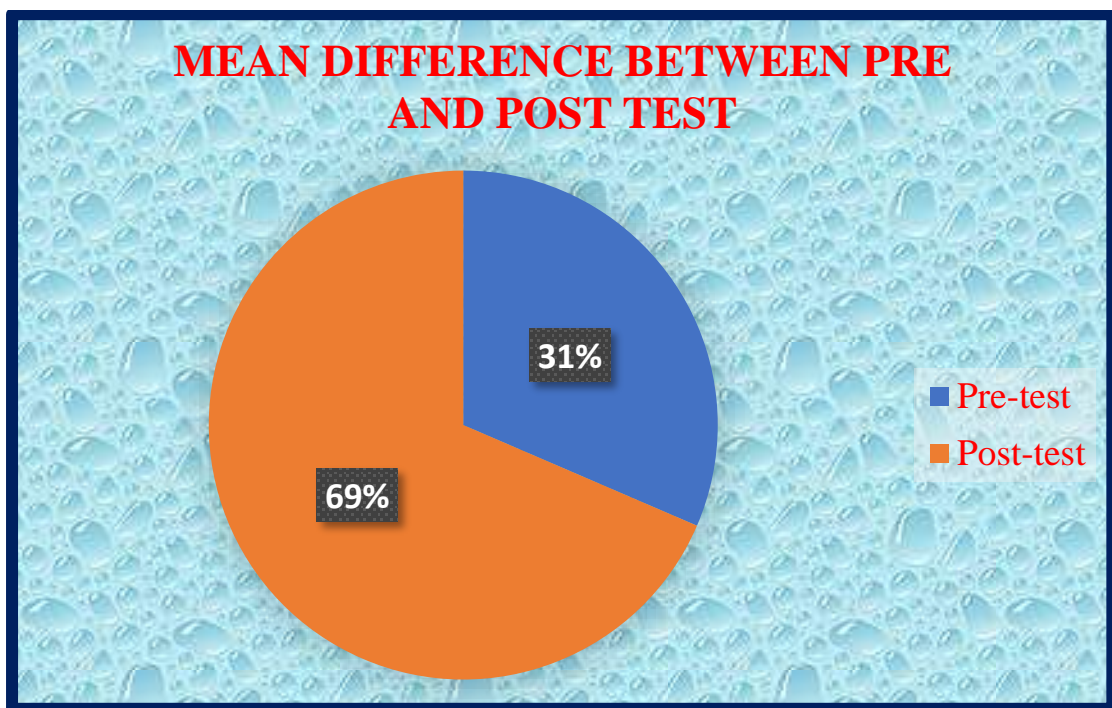


Figure No.-5. Pie diagram shows the mean difference between pre-test and post-test knowledge scores.

Table No.-3 (Figure no.5) shows the pre-test mean knowledge score of subject was 11.36, mean percentage was 37.86% and SD was 6.52. Where as in post-test mean knowledge score was 24.73, mean percentage was 82.43% and SD was 3.39. Mean percentage difference was 13.13(44.57%).

SECTION –IV

Finding of Paired t - Test finding for the effectiveness of structured teaching programme on knowledge regarding PCOS.

Table No: - 4: paired t’ test finding Shows the ‘the effectiveness of structured teaching programme on knowledge regarding PCOS.

N=30

Knowledge level	Mean	SD	SE	‘t’ Test value		Inference
				P	t	
Pre-test	11.36	6.52	6.549	2.05	-2.04	P <0.05 2.05 < -2.04. Significant*
Post-test	24.73	3.39				

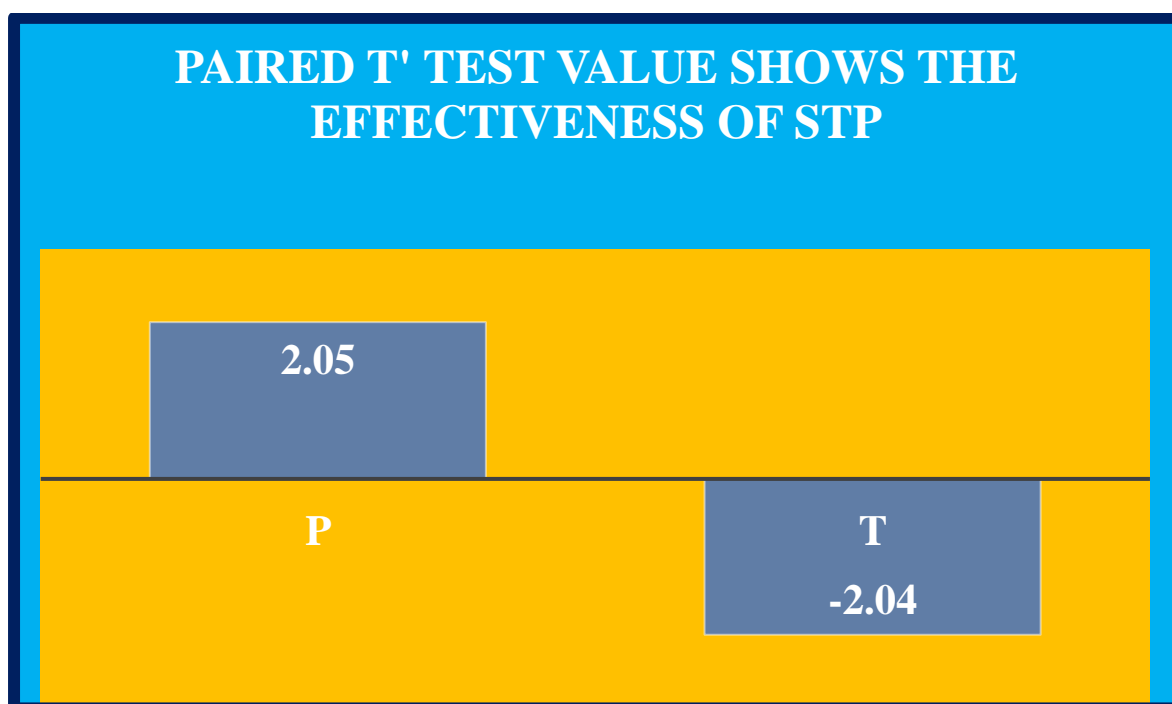


Figure No: - 6 Column diagram shows the effectiveness of structured teaching Programme.

Table No:-4 (Figure No.6) Depict that the pre-test mean knowledge score of subject is ± 11.36 , SD was 6.52 whereas in post-test mean knowledge score is 24.73 SD is 3.39 SE was 6.549. Hence the calculated t-test value is -2.04 ($p= 0.05$) was greater than table value 2.05 at 0.05 level of significance, it denotes that the STP on PCOS was highly effective.

SECTION –IV

Chi square test finding of association between the pre-test knowledge regarding PCOS with demographic variables

Table No.-5: Shows the chi-square test value of association between the pre-test knowledge regarding PCOS.

N=30

Sl. No	Demographic Variables	Pre-test knowledge Score			DF	P	χ^2	INFERENCE
		P	A	G				
1	AGE							
	12-14 years	01	01	01	04	9.49	2.4197	S*
	15-17 years	05	05	01				
	18-20 years	10	04	02				
2	EDUCATION STATUS							
	7-9	01	01	01	06	12.59	7.74	S*
	10-12	05	05	01				
	Diploma	09	02	01				
Graduates	01	02	01					
3	TYPE OF FAMILY							
	Nuclear	14	09	03	04	9.49	10.580	NS
	Joint	02	01	01				
	Extended	00	00	01				
4	RELIGION							
	Hindu	09	06	02	04	9.49	0.109	S*
	Christian	07	04	02				
	Muslims	00	00	00				
5	FOOD HABIT							
	Vegetarian	00	00	00	06	12.59	00	S*
	Mixed	16	10	04				
	Prefer outside food	00	00	00				
	Consume junk food frequently	00	00	00				
6	AGE OF MENARCHE IN YEARS							
	Before 12	03	02	01	06	12.59	0.4255	S*
	12-14	05	04	01				
	15-17	06	04	02				
	After 17	00	00	00				
7	STATUS OF MENSTRUATION							
	Regular	15	09	02	06	12.59	10.705	S*
	Irregular	01	01	01				
	Bleeding for a long period	00	00	00				
	scanty bleeding	00	00	01				

8	DO YOU HAVE ANY OF THE FOLLOWING SYMPTOMS?							
	Unusual fowl smelling discharges	01	02	01	08	15.51	3.202	S*
	Abnormal hair growth in face	00	00	00				
	Central body obesity	00	00	00				
	dark pigments on face ,neck etc.	01	01	01				
None of the above	14	07	02					
9	DID YOU HEARD ABOUT PCOS BEFORE?							
	Yes	00	00	02	02	5.99	18.71	NS
	NO	16	10	02				
IF YES, THEN SPECIFY THE SOURCE OF INFORMATION,								
10	Family	00	00	00	06	12.59	00	S*
	b)Friends	00	00	00				
	Teachers	00	01	01				
	Mass media	00	00	00				

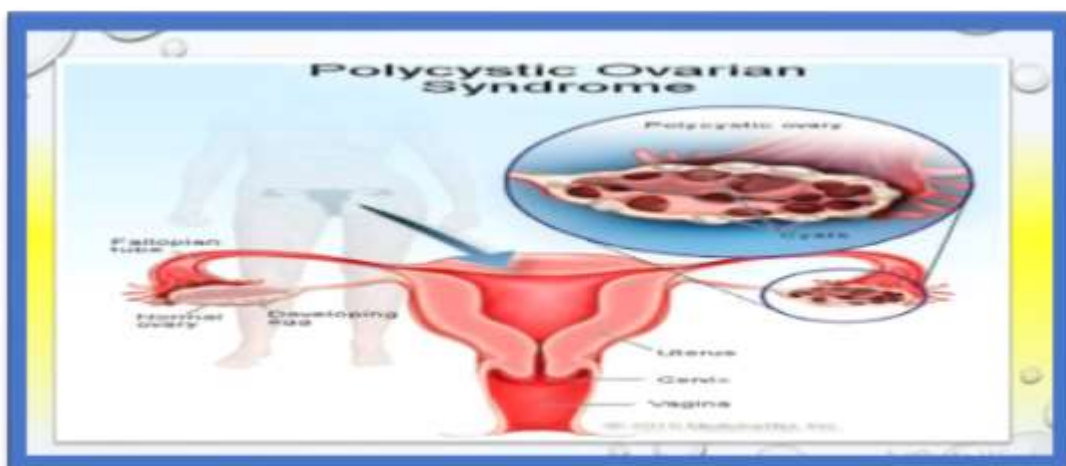
S*-Significant

NS*- Non significant

Table No.-5: Shows the chi-square test value of association between the pre-test knowledge regarding polycystic ovarian syndrome with Age in years, education, food habit, religion, age of menarche, status of menstruation, symptoms and source of information.

12. CONCLUSIONS SUMMARIZING THE ACHIEVEMENTS AND INDICATION OF SCOPE FOR FUTURE.

I, Ms. Felcy Francis Borges, paid all my effort to teach the subjects very much detailly about PCOS by preparing various teaching materials and explanation through lecture cum discussion. This opportunity was an immense privilege to create awareness among adolescents in Prabhat Nagar, Honnavar.



SUMMARY:

The present study was to assess the effectiveness of structured teaching programme on knowledge regarding PCOS.

CONCLUSION:

The study was undertaken to A Study to Evaluate the Effectiveness of structured Teaching Programme (STP) on Knowledge Regarding PCOS at Prabhat Nagar, Honavar. The study was conducted in a sample of 30 Female adolescents. Among all pre-test, 4(13.33%) of subject had good knowledge, 10(33.33%) have average and 16(53.33%) had poor knowledge in the study whereas in post-test, 00 (00%) of subject had poor knowledge, 3 (10%) had average knowledge and 27(90%) had good knowledge. It shows that maximum number of subject had good knowledge in the study after post-test. The study was concluded as the structured Teaching programme on polycystic ovarian syndrome was highly effective in upgrading the knowledge of female adolescents regarding PCOS. Research Hypothesis (H_1) was accepted.

RESEARCH OBJECTIVE:

1. To assess the pre and post-test knowledge level of female adolescents regarding polycystic ovarian syndrome.
2. To evaluate the effectiveness of the STP by comparing the pre and post-test knowledge level of female adolescents regarding polycystic ovarian syndrome.
3. To find the significant association between the pre-test knowledge level of female adolescents regarding polycystic ovarian syndrome with their selected demographic variables.

HYPOTHESIS:

H_1 : There will be significant difference between the pre-test knowledge scores and post-test knowledge scores.

H_2 : There will be significant association between the pre-test knowledge scores on PCOS and selected demographic variables.

MAJOR FINDING OF THE STUDY:

The present study to evaluate the effectiveness of structured teaching programme among female adolescents in selected areas of Honavar.

The overall pre-test, 4(13.33%) of subject had good knowledge, 10(33.33%) have average and 16(53.33%) had poor knowledge in the study whereas in post-test, 00 (00%) of subject had poor knowledge, 3 (10%) had average knowledge and 27(90%) had good knowledge. It shows that maximum number of subject had good knowledge in the study after post-test. The study was concluded as the structured Teaching programme on polycystic ovarian syndrome was highly effective in upgrading the knowledge of female adolescents regarding PCOS. Research Hypothesis (H_1) was accepted.

The major findings shows that evaluate Effectiveness of structured teaching programme in improving knowledge regarding PCOS among adolescent girls. The pre-test mean knowledge score of subject is ± 11.36 , SD was 6.52 whereas in post-test mean knowledge score is 24.73 SD is 3.39 SE was 6.549. Hence the calculated t-test value is -2.04 ($p= 0.05$) was greater than table value 2.05 at 0.05 level of significance, it denotes that the STP on PCOS was highly effective.

Third objective was to find out association between knowledge level and demographic variables of female adolescents. Hence the calculated Chi-square value are lesser than table value ($P > 0.05$). It shows there is significant Association with Age of in years 2.4197($P=9.49$), education 7.74($P=12.59$), type of family 10.5807($P=9.49$), religion 0.109($P=9.49$) , food habit 0($P=12.59$), age of menarche 0.4255($P=12.59$), status of menstruation 10.705 ($P=12.59$), symptoms of PCOS 3.202($P=15.51$), previous knowledge of PCOS 18.71($P=5.99$), and source of information 0($P=12.59$).

NURSING IMPLICATION:

❖ Nursing Education:

The nursing curriculum should consist of knowledge related to PCOS, its prevention and their effective implementation.

Nurses at the post-graduate level need to develop skills in preparing health teaching material in various health aspects in PCOS and its complications, among young girls in order to protect the future mothers.

❖ **Nursing Practice:**

Adolescent girls go through various hormone changes at puberty. Nurses should enhance their professional knowledge and practice to prevent the incidence of PCOS. The finding of the study can be used to bring about awareness among the female adolescents which will help to know the symptoms and to reduce the risk of PCOS. Nurses can also plan teaching in clinical as well as in the Community area.

❖ **Nursing Administration:**

The finding of the study reveals the need to conduct an ongoing in-service education program for the nurses who are working in the hospital settings as well as in the health care institutions must take initiation to organize awareness programmes on PCOS.

❖ **Nursing research:**

The finding of the study can be utilized for conducting research on the knowledge regarding polycystic ovarian syndrome among female adolescents. Future investigators can use the finding and the methodology as reference material. It highlights the area, which requires future exploration in order to reduce the cases of PCOS,

LIMITATION:

The following factors were beyond the control of the investigator:

- ❖ This study is limited to those adolescents belongs to Prabhat Nagar
- ❖ Only who are readily available.
- ❖ Purposive sampling was done which restrict the generalization of the study.

RECOMMENDATION:

- ❖ A similar study can be replicated for all the adolescent girls all over the world, in different setting for making broad generalization.
- ❖ A similar study can be done in the form of a comparative study between urban and rural area.
- ❖ A study can be done on correlation with other factors

13. ABSTRACT

Background: Polycystic ovary syndrome (PCOS), also called Stein–Leventhal syndrome, is one of the most common disorders of hormonal imbalance in women of reproductive age. The name by itself is a misnomer, as not all women with the syndrome have polycystic ovaries. It is a complex endocrine disorder which is most common in women of reproductive age. PCOS may first present in adolescence, but the incidence of PCOS in adolescence is not known, as diagnostic criteria for PCOS in the adolescent age-group is still not defined, PCOS symptoms tend to overlap with normal pubertal changes making the diagnosis even more challenging. The prevalence of PCOS in women aged 18–25 years is 8 % overall, PCOS is the most common endocrine disorder in females, affecting roughly 5–10 % of all women of reproductive age. Adolescents with PCOS are at a higher risk for comorbidities such as impaired glucose tolerance, metabolic syndrome, hypertension, dyslipidaemia, diabetes, and endometrial hyperplasia. Endometrial hyperplasia, if not treated, can lead to endometrial cancer.

Objectives: The study aimed at evaluating the effectiveness of structured teaching programme [STP] on knowledge regarding PCOS among Female adolescents through an effective teaching programme in a selected area of Prabhat Nagar Honavar. The study focused on enhancing the knowledge level of adolescents regarding this stigmatising health issue.

Methodology: An evaluative approach with experimental one group pre and post-test research design was adapted in this work. The sample size was 30 Female adolescents, were selected by purposive sampling technique. Data were collected by using self-administered structured knowledge questionnaire with 30 multiple choice questions. Data analysed by using paired t-test to draw out the inference by comparing the mean score difference.

Results: The computed t'-test value showed there is significant difference in the pre($\bar{x}_1=11.36$) and post-test ($\bar{x}_2=24.73$) knowledge score ($T_{29}=2.05$, $SE=6.54$, $t=-2.04$, at 0.05 level of significance).chi square test [χ^2] score reveals that there is significant Association with Age of in years 2.4197(P=9.49), education 7.74(P=12.59), type of family 10.5807(P=9.49), religion 0.109(P=9.49) , food habit 0(P=12.59), age of menarche 0.4255(P=12.59), status of menstruation 10.705 (P=12.59), symptoms of

PCOS 3.202(P=15.51), previous knowledge of PCOS 18.71(P=5.99), and source of information 0(P=12.59) at 0.05 level of significance.

Conclusion: The study was concluded as the structured teaching programme on polycystic ovarian syndrome was effective in improving the knowledge level of female adolescents living in Prabhat Nagar, Honnavar, Uttara Kannada.

Recommendation: Based on the findings the investigator recommends the future researchers to carry out further similar research projects in the same field and different styles to create an awareness to prevent and reduce the incidence of PCOS among the young girls who are the future mothers. Healthy mothers will reproduce a healthy new generation.

Keywords: female adolescents, polycystic ovarian syndrome, Effectiveness, Knowledge, Structured Teaching Programme.


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